

Local Agency Registered Dietitian (LARD)

Meeting Minutes
September 16, 2004

Present:

Tiare Sanna	Washington County
Melissa Korsvall	Washington County
Elizabeth Berol- Rinder	Multnomah County
Annemarie Geary	Multnomah County
Neena Goldberg	Lincoln County
Lynetta Dollefeld	Salud WIC
Heather Seilstad	Salud WIC
Wendy Oliver	Marion County
Stephen Thomson	Tillamook County
Maryam Jones	Benton County
Debbie Alba	Benton County
Trina Robinson	Clatsop County
Roberta Gleason	Hood River County
Yolanda Mora	Hood River County
Jackie Lucas	Lane County
Vernita Reyna	State WIC
Susan Greathouse	State WIC
Sara Goodrich	State WIC
Julie Reeder	State WIC
Char McKay	State WIC
Michelle Bressler	State WIC

Participating by phone:

Angie Treadwell	Umatilla-Morrow Headstart
Janet Harris	Deschutes County
Diane Cook	Warm Springs
Ai-Lan Whitson	Marion County
Stephanie Reedze	Marion County
Judy Harvey	Jackson County

Breastfeeding Case Studies: Char McKay

Reviewed 3 breastfeeding case studies in collaboration with the breastfeeding coordinators. Discussed lactation consulting as described by Karin Cadwell, PHD, RN, IBCLC, in her book “Case Studies in Breastfeeding: Problem-Solving Skills and Strategies”. She encourages breastfeeding counselors to follow an eight level process:

- Level 1: Take a complete history
- Level 2: Assess mother, baby and the feeding
- Level 3: Develop a symptom list
- Level 4: Formulate a problem list
- Level 5: Reconcile the history, assessment, symptoms and problems
- Level 6: Generate and prioritize solutions and plan for interventions
- Level 7: Reconcile prioritized solutions and planned interventions with problems
- Level 8: Evaluate solutions and interventions

Guard against jumping to conclusions and rushing to problem solve. Gather information in a “helicoptering” fashion by circling around the first four levels thoroughly before deciding on appropriate interventions.

For Portland-Metro area assistance with breastfeeding issues, Nursing Mothers Council can be contacted at www.nursingmotherscounsel.org

For copies of the breastfeeding case studies materials, contact Char McKay at char.c.mckay@state.or.us

Oral Health Update: Susan Greathouse

The state oral health plan is being developed and it will include partnering with WIC as we serve a critical target population. Dr. Gordon Empey has been hired as the State Dental Health Director and he is known to be a strong public health advocate. Five regional trainings are occurring around the state to teach public health nurses to apply dental varnish. WIC staff are welcome to attend the trainings. The trainings are scheduled for the following dates: September 29 in Bend, September 30 in Corvallis, October 12 in Pendleton, October 14 in Medford and October 19 in Portland.

For additional information, contact Susan Greathouse at susan.p.greathouse@state.or.us

Resource List: Susan Greathouse

An updated listing for Portland area pediatric dietitians was distributed. This resource provides contact information including phone, e-mail and specialty areas for dietitians from CDRC, Emanuel, Providence and OHSU-Dornbecher hospitals. **See attached document.**

Mercury Update: Dave Stone, DHS Toxicologist

See attached powerpoint slides.

Department of Human Services is not anti-fish but is responsible for issuing fish advisories and making recommendations to DEQ and the public. Outreach through the WIC program is important as we reach a large population of children. The pamphlet, "An Expectant Mother's Guide to Eating Fish in Oregon" was developed by DHS Public Health Services for pregnant women on WIC. This handout has been sent for reprinting and should be available for reordering soon.

The benefits of eating fish (excellent source of protein and omega 3 fatty acids) need to be weighed against the risk (exposure to contaminants). It is important to eat a variety of foods and avoid emphasizing one type of fish in the diet. Large, long-lived fish such as carp, shark, sturgeon, tilefish, swordfish, kingfish, ahi tuna and mackerel need to be avoided when pregnant because of the potential for mercury contamination. Mercury negatively impacts the developing fetus and readily crosses the placental barrier. Mercury has a half life of 60 days and the body is capable of clearing the element thus the risk to adults is less than the risk to a developing fetus. Fetal exposure can impact behavioral, neurological, and cognitive development.

Mercury is a naturally occurring element that everyone is exposed to however, the goal is to decrease exposure as much as possible. Other contaminants are found in fish such as PCB's, DDT and dioxins. Contaminants tend to be fat soluble and can not be detected by look, smell, or taste. To reduce exposure, remove all skin and belly fat from fish in addition to the head and organs. Consider broiling, baking, grilling, or smoking fish instead of frying to further reduce fat content. Use fish that are lower in contaminants such as trout, wild or hatchery salmon (not farm raised), herring and sardines. Use light tuna which is three times lower in mercury than white albacore tuna.

Mercury can cross into breastmilk. Formula companies state that the manufacturing process eliminates mercury and other contaminants. Again, it is important to weigh the benefits and protective qualities of breastfeeding (numerous!!!) with the risks (potential exposure to mercury).

Be aware that some cultures such as Asian and Native American, consume quantities of fish at much higher levels than the national average. Education is important for these groups to be able to reduce their risk of exposure to mercury while continuing to use fish as an important food source. Volcanic geology such as we have in Oregon tends to be a natural source of mercury. Specific problem areas in Oregon include Portland Harbor, Lane and Douglas Counties where there are abandoned mercury mines, and the Boardman area where there is a coal fired power plant. Mercury advisories have been issued for these locations. Of particular concern are bass and catfish from these areas which have the highest concentrations of mercury found in Oregon fish.

Additional information can be found at www.healthoregon.org/fishadv
Or call 1-503-731-4012.

Nutrition Education Subcommittee: Sara Goodrich

It is time to revive the nutrition education subcommittee. This group was associated with the WIC Advisory Board in the past. Since the WIC Advisory Board is on hiatus, the committee will be reconvened as a specific workgroup dedicated to the review and development of nutrition education materials. Thus, one potential name for the workgroup could be Nutrition Education Review and Development or NERD. Agencies will soon be asked to identify a contact person who is responsible for nutrition education at each site. These individuals will be instrumental in assisting with organizing and defining the role of the revamped group. First order of business will be to evaluate education materials currently being used and materials that are needed by local agencies and get these ordered through the state for distribution through the mailroom.

For additional information, contact sara.e.goodrich@state.or.us

PEDNSS Survey: Julie Reeder

Copies of the 2003 Pediatric Nutrition Surveillance Data from CDC were distributed at the regional breastfeeding coordinator's meetings. The agencies who did not have representation at these meetings are being sent

copies via regular mail. Overall results of the survey are favorable in comparison with national averages. Oregon tends to have higher rates of overweight but lower rates of anemia and low birth weight infants when compared to national data. If you have questions regarding the interpretation of this data, please contact Julie Reeder at julie.a.reeder@state.or.us

Guidelines for Utilizing Interpreters: Julie Reeder

Guidelines for “Using Bilingual Staff Members as Interpreters” were distributed at each of the regional breastfeeding coordinator’s trainings. Those agencies who were not represented at these meetings will receive copies through the regular mail. The information in the article may be useful when conducting inservices regarding cultural issues. Another good resource is the book “Culture and Nursing Care” which highlights characteristics from 26 different cultures. A copy of this book was distributed to all agencies by the state several years ago. Additional copies can be ordered for \$21.95 from UCSF Nursing Press at <http://nurseweb.ucsf.edu/www/book4.htm> or by calling 1-415-476-4992.

Gestational Diabetes Materials: Jessica Duke and Jamie Klein

The Office of Family Health Women’s Health Program and the Oregon Diabetes Program have assembled a packet of gestational diabetes educational materials for each local WIC agency. The materials in these packets were reviewed and distributed during the meeting and will be mailed to all agencies who did not have representatives present. Ordering information for additional materials is included in the packet. Evaluation of these materials and how they were used (patient education, paraprofessional training, staff inservice, etc) will occur at the next LARD meeting.

Next Meeting: Thursday, **January 20, 2005, 1:00 to 4:00 pm.**

Portland State Office Building, Room 445. **Save the date!**

Conference call will be available.

Anticipated agenda items include review of the Physical Activity and Nutrition (PAN) grant with Joan Ottinger, results of the Deschutes County Nutritionist Survey, and evaluation of diabetes education materials distributed at the September LARD meeting.